



Important Phone Numbers
 National Alliance on Mental Illness Help Line
 1-800-950-6264 <https://www.nami.org/help>
 Suicide Prevention Lifeline 800.273.TALK
 Veteran's Crisis Line 800.273.8255 *press 1*
 Pastoral Care—Pastor Jim Alexander 623.792.5295
<https://thepalms.org/Tools2Thrive>

We will be observing Mental Health Awareness Month in several ways during May! This article will hopefully help you consider the ways you can take care of yourself and those around you. On May 15th, the WISE Steering Committee will be leading in a worship service centered on the ways in which we can welcome, include, support, and engage each other through the mental health challenges that may be present in our lives. We will also feature weekly WISE articles that will provide Tools2Thrive.

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

- 1. Take care of yourself.** Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.
- 2. Take care of your loved ones.** Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.
- 3. Talk about mental health.** One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your friends, family or faith leaders. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

WHY THE PALMS LOVES MENTAL HEALTH AWARENESS MONTH

- A. It's a celebration of mental health.** The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.
- B. It's a celebration of changing attitudes and learning opportunities.** We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go. Our WISE Steering Committee and our Tools2Thrive Page of the website is here to help!
- C. It's a celebration of humans.** We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.

source: <https://nationaltoday.com/mental-health-awareness-month/>